

# Twin Pines Activity Kit

We hope our fifth 'Packet of Fun' will give you an extra challenge to keep the mind busy. Hang in there! We'll pull through this together!

**"Enhancing the quality of life for the community."**



**Parks & Recreation**  
30 Twin Pines Lane  
Belmont, CA  
650-595-7441  
[www.belmont.gov/parksandrec](http://www.belmont.gov/parksandrec)



**20 Twin Pines Lane**  
Belmont, CA  
650-595-7444  
[www.belmont.gov/adults](http://www.belmont.gov/adults)

**WOULD YOU LIKE TO STOP RECEIVING THIS KIT? CALL 595-7444.**

# LATEST NEWS

Many of you have asked- “When is the Center going to reopen?” As we look into the future, we realize that we will have to think about ways to reopen in the best way possible to keep our senior community, the population with the highest risk of infection, safe. This will be determined by state and local guidelines. Health and safety protocols will be in place, including wearing face coverings and social distancing. The date of reopening is still to be determined. When we do reopen, keep in mind:

- To limit exposure and the amount of people in a confined space, no drop-ins to the Center will be permitted, and you may be asked to go home if the Center has exceeded the amount of safe space between folks.
- Only the most essential activities will open first, and people will have to sign up in advance to participate in them.
- The Patio will be reserved for scheduled activities as well.

# BOREDOM BUSTERS

Has the Shelter in place left you feeling bored? Are you getting tired of reading and watching television? Are you eating your way through boredom with salty snacks and sweet treats? Don't eat your way through boredom; beat boredom! Here are some BOREDOME BUSTERS for you to try.

- Memorize something. Can you name all 50 states in alphabetical order? Do you know the lyrics to your favorite tunes? Memorizing is good for our brains and improves our ability to think and learn.
- Write! Send cards or letters. When is the last time you wrote to a friend or loved one?
- Get organized. Clean out the pantry and refrigerator; discard expired foods. What about that junk drawer? Clean it now!
- Learn a new skill or hobby. What's your pleasure? Calligraphy? Poetry? Foreign language?
- Plant something and watch it grow. You can even sprout the base of romaine lettuce, green onions and celery.
- Get rid of a roundtuit. What's that you ask? It's something that you have been procrastinating doing, like sewing that button back on your shirt or phoning an old friend. You have the time, do it now!
- Get moving every day! Go for a walk, stretch, follow along to an exercise program on television.
- Switch it up! Move items around in your house to create a different look. Or take away décor you have been looking at for years and replace it with something from the back of your closet.

You CAN beat boredom! Be creative and be curious, the choice is yours.

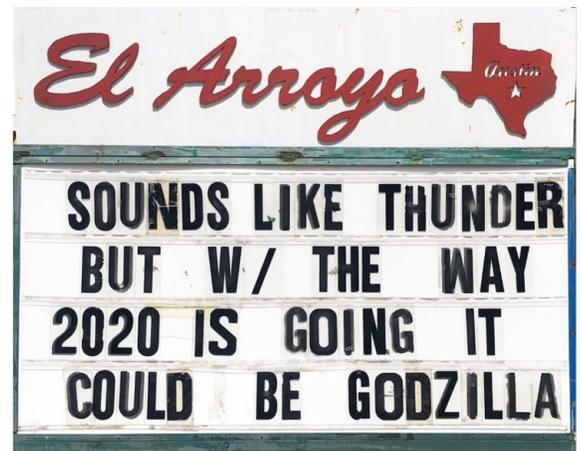
# LAUGHTER IS THE BEST MEDICINE



My mother used to tell me I was the worlds greatest potato peeler and I really bought into it. And every time we'd have potatoes I would be so excited to show off my skills as the ultimate peeler. It wasn't till I was in my mid-30s I realized the whole play. Touché mom. Touché.



My wife just pulled me into the other room and I thought she wanted to have a serious talk but she just wanted to give me m&m's without the kids seeing.



I don't know what the economy will look like after this, but I do know 2.5 million moms booking flights to deserted islands all at once won't hurt it.



Parenting is having your kids reject everything you cook, and then watching the 2yo eat a dog treat and ask for another.



# TRIVIA FUN

## Match the cheese to their description. Try not to get hungry in the process!

1. This mild-tasting Italian cheese is one of the key ingredients of pizza
  2. Its red wax rind makes this Dutch cheese easy to recognize
  3. This Spanish cheese shares the same origin as a famous literary character
  4. This cheese from the island of Cyprus is known for its ability to retain its shape when cooked
  5. This German cheese of Belgian origin is notorious for its strong smell
  6. The name of this fresh Finnish cheese means "bread cheese"
  7. You may find this Mexican cheese sprinkled over tacos or burritos
  8. Very popular in the UK and US, this cheese often comes in a deep orange colour
  9. Hailing from south-western France, this cheese is one of the world's best-known blue cheeses
  10. This creamy cheese with a Native American name is an ingredient of many delicious Brazilian dishes
- A) CATUPIRY  
B) EDAM  
C) MANCHEGO  
D) LIMBURGER  
E) HALLOUMI  
F) COTIJA  
G) LEIPÄJUUSTO  
H) MOZZARELLA  
I) ROQUEFORT  
J) CHEDDAR

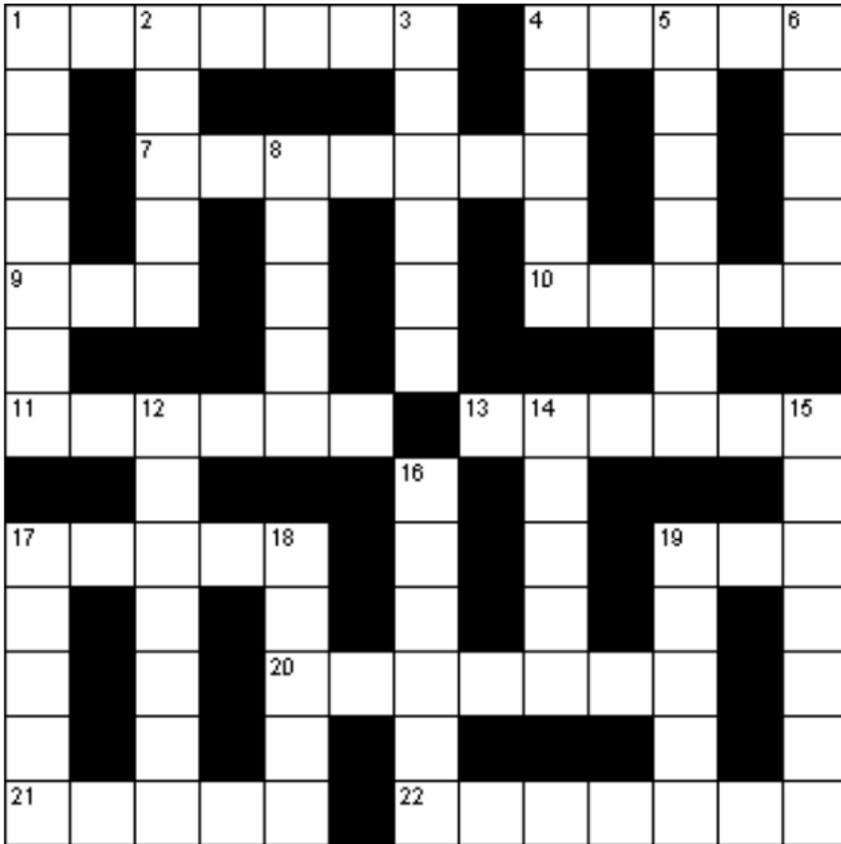
Go to page 8 for the answers with fun facts!

## Before we had fast-food restaurants, we had Automats!

1. In which part of the US did the automat first appear?  
A) Midwest B) Northeast C) West Coast D) Southeast
2. How did you pay for your food at early automats?  
A) Tokens B) You paid a cashier C) Punch card D) Nickels
3. There was something unique about the coffee servers in Horn and Hardart automats. The spouts were in the shape of what aquatic mammal?  
A) Dolphins B) Whales C) Seals D) Otters
4. How were customers assured of always getting fresh food?  
A) Each compartment had either a heating or cooling element in it  
B) The compartments were filled every morning, then left unattended  
C) Workers behind the compartments replaced the food as it was vended  
D) Kitchen workers made up each plate as soon as the money dropped in the slot
5. The people who exchanged currency for coins were known as "nickel throwers". A) True B) False
6. Horn & Hardart had retail stores that sold prepackaged portions of their automat food. What motto did they use for the retail stores?  
A) Less Work for Mother B) Have It Your Way  
C) Lunchtime, Anytime D) Lunch Fast
7. Which of the following was NOT an attraction of eating in an automat?  
A) It was quick  
B) People could see the food before purchasing it  
C) There was a TV in every corner tuned to a different station  
D) The chrome and glass compartments spoke of cleanliness
8. Who was likely to be a customer of an automat?  
A) Businessmen B) Out-of-work actors  
C) Tourists D) Anyone
9. Horn & Hardart was once the largest restaurant chain in the US based on number of people served.  
A) True B) False
10. Which of the following is NOT a reason the automats were phased out?  
A) The rising cost of ingredients  
B) Diners missed being waited on  
C) The growing popularity of other fast food chains  
D) People moved away from downtown areas



# CROSSWORD PUZZLES

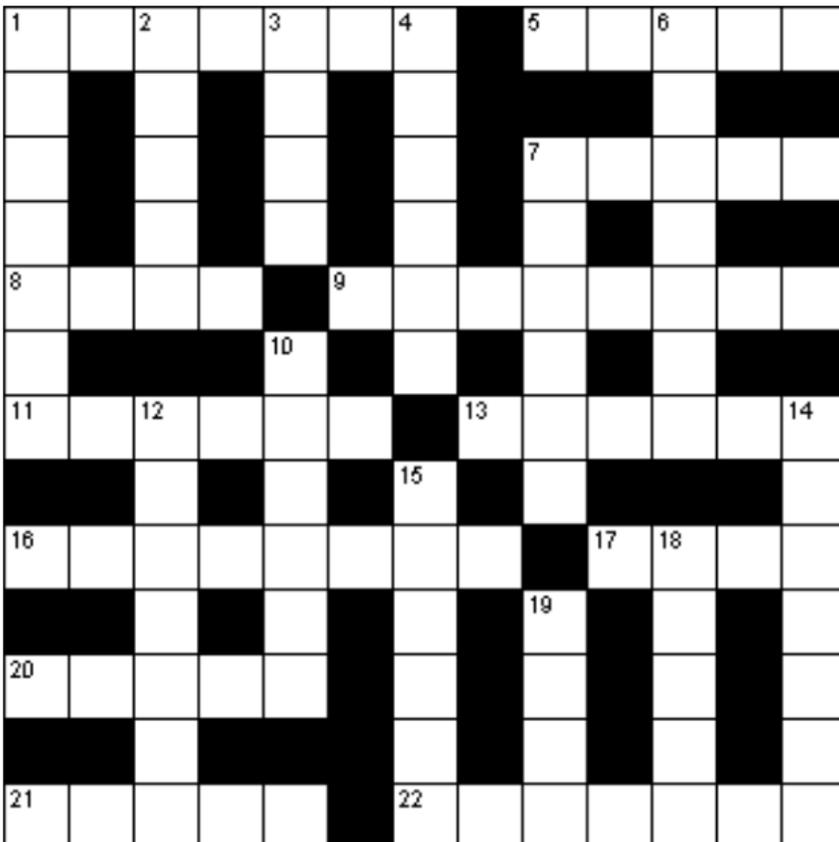


## Across

1. \_\_\_ and lemons (7)
4. Game, set and \_\_\_ (5)
7. Aided and \_\_\_ (7)
9. Back to square \_\_\_ (3)
10. There are two \_\_\_ to every story (5)
11. The \_\_\_ of justice (6)
13. Given the 3rd \_\_\_ (6)
17. A close \_\_\_ (5)
19. \_\_\_ the knot (3)
20. History \_\_\_ itself (7)
21. It's \_\_\_ under the bridge (5)
22. Cups and \_\_\_ (7)

## Down

1. Keep your \_\_\_ open (7)
2. Wide \_\_\_ (5)
3. Baby-\_\_\_ (6)
4. The \_\_\_ touch (5)
5. \_\_\_ and lightning (7)
6. All \_\_\_ on deck! (5)
8. The \_\_\_ has landed (5)
12. For and \_\_\_ (7)
14. An optional \_\_\_ (5)
15. With friends like these, who needs \_\_\_? (7)
16. Sour \_\_\_ (6)
17. The last \_\_\_ (5)
18. Trial and \_\_\_ (5)
19. Touch, smell, sight, hearing, \_\_\_ (5)



## Across

1. European short-winged hawk (7)
5. Type of duck (5)
7. Young male horses (5)
8. Middle East riding horse (4)
9. Porcupine (8)
11. Nocturnal wildcat (6)
13. Dog house (6)
16. Snake (8)
17. Crustacean (4)
20. Viper (5)
21. Aquatic predator (5)

## Down

22. Adult male chicken (7)
1. Bison (7)
2. African equine (5)
3. Simians (4)
4. Burro (6)
6. Mahimahi (7)
7. Young swan (6)
10. Large flying bird (6)
12. Anteater (7)
14. Shellfish (7)
15. Musteline mammal (6)
18. Bird shelter (5)
19. Extinct bird (4)

# EASY WORD SEARCH

## BROADWAY SHOWS

Can you find the hidden Broadway shows? They may be horizontal, vertical, diagonal, forwards or backwards.



A CHORUS LINE, AIDA, A LITTLE NIGHT MUSIC, ANNIE GET YOUR GUN, BEAUTY AND THE BEAST, CABARET, CAMELOT, CAROUSEL, CATS, CHICAGO, COPACABANA, EVITA, GUYS AND DOLLS, GYPSY, HELLO DOLLY, JOLSON, KISS ME KATE, LES MISERABLES, MISS SAIGON, RAGTIME, RIVERDANCE, SHOWBOAT, SINGIN' IN THE RAIN, SOUTH PACIFIC, SUNSET BOULEVARD, THE KING AND I, THE PHANTOM OF THE OPERA, WESTSIDE STORY.

# RIDDLE ME THIS

Riddle me! Riddle me! What is that:  
Over your head and under your hat?

East, West, North, South,  
A thousand teeth and now mouth.

It has a head like a cat, feet like a cat,  
A tail like a cat, but it isn't a cat.

Answers: 1) Hair B) A saw C) A kitten

## LOGIC PUZZLE: ISLAND FRUITS



The four islands in the Tropicana group each produce a different type of fruit. Can you match each island name with the type of fruit produced, the island population (293, 305, 328, 402) and its location (A-D) in the chain?

1. The Kolahani islanders inhabit the island west of but not immediately next to Holahu island. Holahu doesn't produce bananas or pineapples and has a higher population than Wahani island.
2. Molaku island isn't the one with a population of 293, nor is it the one immediately next to the island with a population of 293.
3. The islanders who grow bananas inhabit the island east of but not immediately next to the island of Kolahani.
4. The island at location D isn't the one with the highest population.
5. Molaku island (which isn't the one at location B) is the next island due west of the one where papaya fruit is grown.
6. The islanders who grow coconuts don't inhabit the island immediately next to the one where bananas are grown.



LOCATION (A-D)	NAME	POPULATION	FRUIT



A is Kolahani, has a population of 293 and it produces coconuts. B is Wahani, has a population of 305 and produces pineapples. C is Molaku, it has a population of 402 and produces bananas. D is Holahu, it has a population of 328 and produces papayas.

# AUTOMAT ANSWERS

- 1. B)** The first automat was opened in Philadelphia in 1902 by Joe Horn and Frank Hardart. Ten years later they opened one in New York City. The automat's place was in large industrial cities where people wanted a quick, inexpensive meal in a convenient location. Most automats could be found in downtown buildings. The idea of dispensing food from steel and glass compartments came from "waiterless" restaurants found in Germany and other parts of Europe. Horn and Hardart eventually had 85 automats
- 2. D)** In the early years patrons used nickels to purchase food. Coffee was one nickel. Pie was a nickel. Hot dishes like turkey and gravy, Salisbury steak, macaroni and cheese and pot pies took three nickels. Much later on the slots would take quarters rather than nickels and, eventually, tokens.
- 3. A)** Coffee was a big draw for the Horn & Hardart automats. It was fresh-drip brewed and tasted better than the coffee available in New York City and Philadelphia. The coffee was so good that Irving Berlin was inspired to write "Let's Have Another Cup of Coffee" about it. Freshness was assured by the employees, as after twenty minutes a new batch was made and the remainder of the old batch poured down the drain. At one point Horn & Hardart automats were serving ninety million cups per day. It cost a nickel up until 1950, that is, when they were forced to raise the price to two nickels.
- 4. C)** Despite being waiterless, automats were labor-intensive. Behind the chrome and glass wall of vending compartments was a kitchen. Kitchen workers would replace the contents of each compartment as sales were made. If someone took a piece of cherry pie out, a worker would quickly plate another piece to replace the one that had been in the compartment.
- 5. A)** True. Nickels were needed for the slots where the food was. You could get them from employees who worked in a glass booth inside the automat. These employees wore rubber fingertip protectors like you see in some offices and banks where people handle money because it made it easier to pick the coins out of the till.
- 6. A)** They opened their first retail store in 1924. At one point they had 157 retail locations. As with the automats, any food that was left at the end of the day was sent to "day old" shops. Horn and Hardart even began selling their food through mail order in the 1980s. While all those enterprises are closed, Horn and Hardart Coffee is presently available for purchase online.
- 7. C)** When dining in an automat you could see your food before purchasing it. Pies, salads, sandwiches and the like were behind glass doors in the wall. Hot items were served at a steam table where diners could see the food before making their selection. The food was already prepared so there was no waiting. And at the time the sanitary conditions in some restaurants and cafes were not good. Automats had shiny chrome walls, glass doors and nickel-plated coin slots. It just looked sanitary.
- 8. D)** One of the democratic things about the automat was that the doors would open for anyone. You did not need a reservation, sit wherever you wanted, no dress code. Tourists, out-of-work actors, blue collar workers, white collar workers and everyone else were all intermingled at the tables. Since the prices were so low even the kid on the street who found a nickel in the storm grates could go into the automat and get something to eat or some hot chocolate.
- 9. True.** At one time Horn and Hardart had 140 automats serving 800,000 people per day. They could achieve that volume by having so many outlets in large industrial cities. Plus their food and prices were very popular with the general public. Compare the 140 Horn and Hardarts with today's 34,000 Subways that serve over 27 million people daily and you can see how big the fast food industry has become.
- 10. B)** Horn and Hardart closed their last automat in 1991. It can be argued that increases in the cost of their ingredients made the automat unable to compete. Horn and Hardart had very strict standards for the quality of the ingredients used. They were very proud of their dishes and actually kept the recipes locked away. In addition Americans began to move to the suburbs and away from downtowns. In the suburbs could be found places like Burger King and McDonald's. These places were more convenient and could produce meals more cheaply. People in general began to eat smaller lunches and perhaps people just got tired of cafeteria-style dining. In the 1970s they converted some of their automats to Burger King restaurants.

# TRIVIA ANSWERS + FUN FACTS

## CHEESE TRIVIA

1. The name **mozzarella** comes from the verb "mozzare", meaning "to cut off", which refers to the method of working the curds. Originating from southern Italy, especially the region around Naples, mozzarella can be made with buffalo milk (the most prized variety) or with cow's milk. It has a mild but distinctive milky taste, and can be enjoyed as is, or used as a pizza topping or in sandwiches. Mozzarella is particularly delicious when paired with ripe tomatoes and basil in the traditional Caprese salad. Just make sure you buy the freshest kind you can find, and consume it as soon as possible.
2. Like many other cheeses, **Edam** is named after its town of origin, which is located in northern Holland. Edam is a pale-yellow, slightly nutty-tasting cheese, sold in cylinders coated with red paraffin wax. With its semi-hard consistency, it is easy to slice, and pairs well with fruit (especially apples and pears). Edam is also quite popular outside The Netherlands, and has the added bonus of a significantly lower fat content than most other traditional cheeses.
3. As its name implies, **manchego** cheese originates from the arid plateau of La Mancha in central Spain - the same region in which Miguel de Cervantes' masterpiece, "Don Quixote", is set. It is a sheep's milk cheese with a firm texture and a well-rounded flavour that gets sharper with aging. The rind bears a distinctive embossed pattern, reminiscent of the woven grass baskets in which the cheese curds were traditionally pressed. Manchego cheese is often eaten as an accompaniment to Spanish wine, and pairs well with fruit and vegetables.
4. Popular in most of the Eastern Mediterranean region, as well as in the UK, **halloumi** is a semi-ripened, semi-hard brined cheese made with a mixture of goat's and sheep's milk (though occasionally cow's milk is used as well). It is similar in texture to mozzarella, though saltier and with a much higher melting point - which allows halloumi to be fried or grilled without losing its shape, as in the traditional Greek dish "saganaki" (an appetizer of fried cheese).
5. The bacterium *Brevibacterium linens* is responsible for **Limburger** cheese's distinctive smell (as well as foot odour!). Though nowadays it is mostly produced in Germany, Limburger originated in the 19th century in the Duchy of Limburg, now divided between Germany, Belgium and The Netherlands. Made with cow's milk, this cheese turns semi-soft as it ages, and starts producing its infamous smell after three months. The traditional way to eat Limburger is in a sandwich made with firm rye bread and a thick slice of onion, accompanied by beer or strong coffee.
6. Known in the US as "Finnish squeaky cheese", **leipäjuusto** comes mostly from the northern part of Finland, where it is traditionally made with cow beestings (the rich milk produced by cows in late pregnancy). The commercial versions made with regular milk lack the colour and flavour of the traditional ones. Leipäjuusto (also called juustoleipä, or "cheese bread") is generally shaped as a flattish, round disk that can be sliced into wedges and served with cloud-berry jam, or as an accompaniment to coffee.
7. **Cotija** is a hard cow's milk cheese from the town of the same name in the Mexican state of Michoacán. Its taste and texture are reminiscent of Greek feta. Like Parmesan and other hard cheeses, it is often sold grated, or in blocks that can be crumbled over typical Mexican dishes such as tacos, burritos or tostadas, as well as soups, salads and pasta dishes.
8. Named after the village of **Cheddar** in Somerset (south-western England), Cheddar is a firm-textured, often sharp-tasting natural cheese that is currently produced in other countries besides the UK - most notably in the US, where it is widely marketed and consumed. Annatto is often used to impart a deep orange tint to the cheese, which can also be found in its original off-white colour. Delicious with crackers, bread and fruit, Cheddar also lends itself to the preparation of many dishes, such as macaroni and cheese or grilled cheese sandwiches.
9. **Roquefort** gets its distinctive taste from a mold, *Penicillium roqueforti*, which is found in the soil of the caves around the town of Roquefort-sur-Soulzon in the south of France. Traditionally made with sheep's milk, it is a blue-veined white cheese, with a crumbly texture and tangy taste, at its best after a 5-month ripening. Roquefort is used for cooking in its region of origin and elsewhere, but is also delicious eaten with fruit, crackers or bread.
10. **Catupiry** (meaning "excellent" in Tupi, an extinct indigenous language of Brazil) is a Brazilian cream cheese developed in 1911 by an Italian immigrant, Mario Silvestrini. Its soft taste and texture make it suitable to use in a wide range of dishes, both sweet and savoury (such as "camarão com catupiry", a shrimp casserole), though it is also enjoyed spread over bread or crackers.

# Crossword Puzzle Answers

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